



Rides Supplement April 2008

Camberwell Downhill Gourmet Bike Riders

APRIL RIDE - Southbank to Rickett's Point (This ride did not go ahead in March due to forecast of 34)

HOSTED BY: David and Geraldine Powell

DATE: 20th April 2008

MEETING: The first Walk Bridge at Southbank (south side of the Yarra River).

TIME: 10.15am for a 10.30 start.

DISTANCE: 30km

DETAILS: The above ride is a very easy one mainly because the terrain is flat and on concrete paths. The start of the ride will be along the bike track next to the tram line to Port Melbourne Beach. We will then be sharing the path with roller-bladers, joggers, prams, fast moving cyclists(!), dogs, children on wheels and their slow moving relatives, so with our "wits" about us and riding in the bike lane, proceed onward to Rickett's Point" This is a very pretty ride with many distractions (apart from the above) and view points along the way.

There are plenty of Public conveniences, about five kiosks as well as rest spots along the way but it would be wise to bring along your own snacks and drinks just in case they are not open.

The Kiosk at Rickett's Point does not take bookings, so we anticipate arriving around mid-day in the hope that not all the outdoor tables on the verandah are taken. If the day is unpleasant, we will just have to wait in the queue for an indoor table or pick a sheltered spot outside. The food is reasonably priced for eating in or taking away.

After lunch we will ride back to the Sandringham Railway Station to catch a train back into the City at around 3.00pm.

As this ride is out in the open it would be wise to prepare with wet-weather gear if it looks like rain and remember the slip slop slap cream if sunny. While on this point of the weather – Remember should the temperature be expected for 30c and above, the ride is cancelled.

It would be appreciated if you are coming/not coming on the ride to telephone David Powell and Geraldine on 9807 0114 or email to Geraldine.Powell@macquarie.com

Other Rides for 2008

May 18th, Graeme; **June** 15th, David & Geraldine; **July** 20th, Julia; **August** 17th ?; **September** 21st, Val; **October** 19th, Jack Simpson; **November** 16th, David & Geraldine

Dinners

July 11th; November 21st

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphijj@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm - 12 March , 9 April, 14 May, 11 June

Contact: Robin Kendrick, phone: 9853 3126

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100;
Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group - Rides Program

Seniors Bike rides in 2008

- We ride 4 Wednesdays each month.
- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is chosen on the day. The 2nd and 4th Wednesday rides are more challenging, (50- 60km).
- We generally meet at **10am** at the 'Place to meet' (see below). A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.
- If the temperature is 30°C or above on the day, the long rides will be cut short.
- Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Abbreviations for the ride grades are -

easy # medium + hard ! hills ^

Date	Place to meet	Description	Grade
April 9 th	Darebin Parklands, Parklands av., MEL 31 C9 or ride from Alphington station.(9.35 am Eltham train from Flinders St, arr. 9.50).	<i>Hawkstowe Park</i> . Up Darebin Ck Trail, through Bundoora Park, to Upper Darebin Ck Trail and Mill Park Lakes. Then Gordons Rd to Park for lunch. Short section on Plenty Rd to South Morang. Continue south through back streets to Ring Rd, Plenty R. and Yarra Trails back. ~60km	+
April 16 th	As above	Short ride	#
April 23 rd	Diamond Creek st. MEL 12 B5. (9.35 am Hurstbridge train from Flinders St, arr. 10.30).	We will return to the city via the Diamond Creek trail and the Main Yarra trail, with a possible extension around the Aqueduct reserve.~ 50km.	+
April 30 th	No ride		
May 7 th	Jell's Park, Shepherd Rd., MEL 71 J3, or ride from Glen Waverley stat., (9.35 am train from Flinders St arr. 9.50).	Short ride	#
May 14 th	As above	We will ride the Lower Dandenong Creek trail to Carrum and continue onto Frankston through the local parks and back roads to Frankston station ~ 50km.	+
May 21 st	As above	Short ride	#
May 28 th	East Camberwell station Mel 46 A11. (9.30 am Blackburn train from Flinders St station arr. 9.49).	<i>6 Trails Circuit</i> . Anniversary (via E. Malvern station ~10.30), Gardiners Ck, Scotchman's Ck, Dandenong Ck, Somers, Koonung, Anniv. Trails back to E. Camb. Some street riding to link trails, and a few hills. ~55 km.	!^
June 4 th	Footbridge in Southbank, MEL 2F F7.	Short ride	#
June 11 th	Albion station,	Ride the bike path beside the Western Highway to the	+

	MEL 26 F10. (9.40 am Watergardens train from Flinders St station arr. 10.02).	Western Ring Rd. trail. Ride along this trail and some local roads to Hoppers Crossing for lunch. Continue along Skeleton Creek to Altona and the Bay trail to Altona station ~ 50km.	
June 18 th	Footbridge in Southbank, MEL 2F F7.	Short ride	#
June 25 th	Albion station, MEL 26 F10, (9.40 am Watergardens train from Flinders St station arr. 10.02).	Ride the bike path beside the Western Highway to the Western Ring Rd. trail. Ride along this trail to Brimbank Park for lunch and then return to the city via the Maribyrnong trail ~ 40km.	+^

Darebin BUG

Social Rides

Darebin BUG runs three weekday rides of distances approximating 40-60km on Tuesdays and 10-20km and up to 90km on Thursdays and a variety of rides of various lengths on weekends.

Information about upcoming rides can be seen on the [Darebin BUG Rides Calendar](#)

The **DBUG Rides Planning Committee** is looking for people who are interested in arranging and leading a ride, or in gaining leadership experience by co-leading a ride. Ride dates, suggestions and leaders should be coordinated through the Rides Coordinator. Please contact Doug on 9499 7325 / 0409 956 913 with your ideas.

Unless otherwise stated, our rides meet at **Jika Jika Community Centre**, corner Plant & Union Streets, Northcote near Westgarth train station.

For information about any of these rides, contact the Rides and Events Coordinator, Michael AH 9482 3276

Download the [Darebin BUG rides flyer](#), with details of these rides. (Word doc)

Please note all rides are free to anyone who would like to participate. After the third ride you take part in, we will invite you to join the BUG. Some rides need train tickets, these are to be bought by the participant. A first aid kit is carried on each ride and emergency contact numbers are taken prior to the start of the ride. Darebin BUG has public liability insurance - please note this **does not** cover you or your bike. If that is something you're concerned about then best become a member of Bicycle Victoria so you will be covered by their insurance. In the case of an emergency, ride leaders will call an ambulance if required. The ambulance will charge the injured person, not the BUG. This can be very expensive, so it is wise to consider taking out ambulance membership.

[Beginners Rides](#) - [Tuesday & Thursday rides](#) - [Saturday & Sunday rides](#) - [Weekend Rides](#) - [Around the Bay in a Day](#)
[Ride Reports](#) - [Ride Photos](#)

Rides for Beginners

Thursday Rides

Weekly Thursday rides for those looking for short easy rides. Travel local bike paths around 10-20km. For more information, call 9481 8853.

Mums (& Dads) on Bikes Rides

Kids in bike seats welcome! Kids in trailers welcome! Kids on training wheels welcome! Kids on tag-a-longs welcome! Kids on own bikes welcome!

Want to ride with your rides for fun, exercise and socialising? Join us on one of our easy rides to one of Melbourne's many child-friendly destinations. **Rides take place the first Sunday and the third Wednesday of every month.**

Meet at **Jika Jika Community Centre**, corner of Plant and Union Sts, Northcote, at 10am.

Contact Kathy on 0410 667 634

Saturday Port Melbourne Rides

Weekly Saturday rides for those looking for longer easy rides - 9.30am. Ride from Fitzroy to Port Melbourne and back along bike paths, about 20km. Ride Leader: Norm 9354 9636

Saturday Market Rides

Monthly Collingwood Children's Farm Market ride - Second Saturday of each month - 9:30am

Meeting Place: Jika Jika Community Centre

Ride Leader: Michael 9482 3276

Ride Distance: 12km

Ride Grading: Easy

Ride Route: Merri Creek path then Yarra River Path to Collingwood Children's Farm

Notes: Time to ride event

More Challenging Rides on Tuesdays & Thursdays

Both are social rides largely on bike trails that conclude around 4 pm. Bring lunch & water.

Tuesday Rides

For experienced riders.

These rides leave from **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9.45am. They vary in length from about 40 to 60 km.

Thursday Rides

For experienced riders.

These rides leave from **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9.30am sharp. Rides can be up to 90km.

Saturday & Sunday Rides - Varying Distances & Locations

Saturday Morning ATB Training Rides

For experienced riders.

Every Saturday, 2-3 hours riding, initially return trip to Mordialloc, then extending further closer to ATB. [Note: if it is raining, call Colin to check ride will take place].

Meet at **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 8am.

Contact Colin on 9489 9360.

Sunday Morning Rides

For experienced riders.

Every Sunday, 2-3 hours riding, various distances.

Meet at **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 8am.

Contact Yannick on 0438 785 450.

Saturday & Sunday Social Rides

Some for beginners, others for experienced cyclists.

Occasional Saturdays & Sundays- a diverse program, some rides local and others involving public transport. Contact the Rides Coordinator Michael on 9482 3276 for more information, or check the [Darebin BUG rides calendar](#).

Weekend Rides

Contact the Rides Coordinator Michael 9482 3276 for more information.

Manningham BUG

See <http://home.vicnet.net.au/~mannbug/rides.htm> for latest rides calendar. This had not been updated at the time of finalising this supplement.

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride.

Contact Don 9848-5803

		GRADE	CONTACT	MEET AT...
March				
Mon 17th	BUG Monthly Meeting at the Doncaster Pancake Parlour		Gary 9439-5016	8pm 550 Doncaster Rd
Diary Notes: Melbourne Autumn Day (MAD) Tour - Sunday 6 April: mad_ride@mbtc.org.au Macedon Ranges MS Cycle Challenge Sunday 4th May: http://www.gisbornerotary.org.au/news/macedon-ranges-ms-cycle-challenge/				

Whitehorse Cyclists Inc

Last updated 26 March 2008

Cycling opportunites in our area: [Graeme's message board](#)

More cycling opportunites in our area: Ron of Rotary Forest Hill leads an easy ride every Sunday at 8am: Contact Ron on 0413 042 043

Date	Day	Grade	Ride	Distance	Contact
Whitehorse Cyclists Inc acknowledge the support of the City of Whitehorse					
Read more about our Tuesday and Sunday rides					
3-Apr	Thur	Med	Greensborough Loop	60	Peter L. 9842 5193
6-Apr	Sun	E/M	Bayside	40	Choose a leader
8-Apr	Tue	Easy	Boathouse Cafe	45	Loreto B 98081960
8-Apr	Tue	M/H	Werribee	100	John C 0438566977
8-Apr	Tues	Club Night	Box Hill Community Arts Centre	Speaker: Human Powered Vehicle Contact Bob Ballard Tel: 9801 2809	
10-Apr	Thur	Med	Roqueford Winery	55	Bob H. 04237466683
13-Apr	Sun	E/M	Old Maroondah Aqueduct	50	Bruce E. 98484804
15-Apr	Tue	Easy	St Kilda	35	David S. 98783065
15-Apr	Tue	M/H	Red Hill	70	John C. 0438566977
15,16-Apr	Tue-Wed	Med	Nagambie	145	Phil E. 98490522
17-Apr	Thur	E/M	Heathmont Patterson Lakes	60	Bob B 0412028068
20-Apr	Sun	E/M	Heathmont	40	Ursula 9803 6097
22-Apr	Tue	Easy	Kilsyth	30	Ken 9801 7157
22-Apr	Tue	M/H	Gladstone Park	80	Bob H. 0423746668
24-Apr	Thur	Med	Sandringham Carrum	70	David S. 9878 3065
25-Apr	Fri	Easy	Dawn Service	15	Jacques 9497 2306
24-27-Apr	Wkend	Med	Bendigo	45	Mike/Anna 9830 4195
27-Apr	Sun	Easy	Mystery ride	40	Valda Ave 9am

29-Apr	Tues	Med	Warburton Trail	80	Bob B. 0412028068
29-Apr	Tues	M/Easy	Ferntree Gully	30	David Y. 0434282355
1-May	Thur	Med	Bundoora Park	50	John C. 0438566977
4-May	Sun	E/M	Jells Park	40	George C. 0413882165
6-May	Tue	Easy	Abbotsford Convent	30	Dale P. 04085312107
6-May	Tue	M/H	Yarra Mouth	60	Abdy S. 0413327650
8-May	Thur	Med	The Basin	55	Ken R. 9801 7157
11-May	Sun	Med	Wandong	40	Helga O. 98732961
13-May	Tues	Club Night	Box Hill Community Arts Centre	Topic: First Aid. Contact Bob Ballard Tel: 9801 2809	

Banyule Bicycle User Group—Rides Program

Rides start from Heidelberg Park (Melway ref 32 B4) except as otherwise indicated. **Visitors are welcome to just turn up.** Contacts/leaders can provide additional information if required.

EasyRide: Every Tuesday and Friday **9.30am** – relaxed pace and informal, with break for coffee/snack/chat. Contact: Les B. 9435 0615. Regular Friday program below, Tuesdays by consensus.

<i>Day in Month</i>	<i>Ride Description</i>
1 st Friday	Eltham Library Café – 15 km. Main Yarra Trail & Diamond Ck. Trail. Break at café.
2 nd Friday	Fairfield Boathouse – 20 km. Main Yarra Trail. Break at café.
3 rd Friday	Studley Park Boathouse – 25 km. Main Yarra Trail. Break at café.
4 th Friday	Mailing Road Canterbury – 22 km. Main Yarra Trail & Anniversary. Break at café

HarderRide: every Tuesday & Sunday **9.00am** BYO morning tea. Program below.

<i>April</i>	<i>Ride/Event</i>	<i>Description</i>	<i>Leader</i>
Sun 6	<i>Blackburn Lake 43 km</i>	Out by Koonung Trail and streets. Return by Mitcham pipe track and streets to Koonung Trail.	John G/ 9439 3884
Tue 8	<i>Hawkestone Park</i>	Combined BUG barbeque/lunch. Groups ride independently so as to arrive at park at 11:30am. BYO everything so plan carefully. Route to be determined on the day.	Alan P/ 9435 9421
Wed 9		General Meeting – Watsonia Library 8:00pm	
Sun 13	<i>Yarran Dheran 42 km</i>	Koonung Trail to end (some H1 and H2) and short streets extension to reserve for break & return.	Graeme W/ 9435 9687
Tue 15	<i>Seven Trails 63 km</i>	Yarra, Anniversary, Gardiner's Creek, Scotsman's Creek, streets (short H2, long H1), Dandenong Creek to break at Koomba Park. Then streets (short H3), Somers, streets (long H1) and Koonung home.	Maurie A/ 0409 186082
Sun 20	<i>Knox City Circuit 70 km</i>	Anniversary Trail to E. Camberwell station (11 km). Train (prepurchase Sunday Saver ticket) to Mitcham. Join Dand. Ck Trail. Then Blind Ck Trail (break near Knox SC) to Belgrave Rail Trail at Boronia. Train from here (at 36 km) or Heathmont (at 42 km) back to E. Camb., or bike all way home (short H3 + long H1).	Les D/ 9459 2701
Tue 22	<i>Ceres 40 km.</i>	To Fairfield by Yarra Trail, then Merri Creek Trail to Ceres for break. Continue on Merri Creek Trail to Broadhurst Av exit and Reservoir streets to Darebin Trail	Laurel M/ 9499 2636
Sun 27 and Tue 29 are “Riders’ Choice” Rider who suggests is leader, otherwise by agreement			

May

Sun 4	<i>Diamond Creek 40 km</i>	Out and back by Diamond Valley Trail to Diamond Creek for break.	John G/ 9439 3884
Tue 6	<i>Royal Park 35 km</i>	Out through Wilson Res, Capital City Trail. Return by Upfield trail to Coburg, streets, Merri Ck, and streets to W. Heidelberg.	Richard B/ 9459 8648
Sun 11	<i>Elwood Canal</i>	Trails to beach, St. Kilda and along canal to Gardenvale. Then	Alan P/

	60 km	streets to Murrumbeena and Trail to south end of Anniversary Trail. Some H1 on Anniversary Trail. Break at Gunn Reserve (Glenhuntly).	9435 9421
Tue 13	Currawong Park 35 km.	Out and back via Westerfolds & Mullum Trail. Short H3 into Currawong Park. Careful on short piece of road.	Maurie A/ 0409 186082
Sun 18	Bundoora Park 40 km	Out by Plenty River Trail (H2), Kalparrin, Springthorpe (H1). Return by Darebin Ck Trail, Wilson's Reserve.	Graeme W/ 9435 9687
Tue 20	Brimbank Park ~70 km	Streets & trails west, with break at Coburg Lake. Meet Ring Road at Airport West, and on to Park for early lunch. Return down Maribyrnong River Trail (some H1 & H2) to Moonee Ponds, then streets east. Train return (via city) possible from Moonee Ponds (~ 55 km) or Anstey (~ 60 km).	Robert R/ 9439 1078
Sun 25 and Tue 27 are "Riders' Choice" Rider who suggests is leader, otherwise by agreement			

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Melbourne Bicycle Touring Club

April 2008			
Thu Apr 3	TBA		Anne
Sun Apr 6	MAD RIDE		
Thu Apr 10	MAD ride debriefing		Graham
Sun Apr 13	Cranbourne Botanic Gardens with Dave Cash as tour guide	15km easy	Kirsty
Sun Apr 20	Hastings to Bittern	50km medium	John

For information on the above rides, please contact the Touring Secretary, John, on (03) 9387 4086, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au>

Autumn Ride Calendar, 2008

April			
Sun 6 April	MBTC MAD RIDE		www.mbtc.org.au (this is not a YHA ride)

Sun 13 April	Leongatha to Fish Creek With Lunch at the Fish Creek Hotel	Medium 70ks Mountain/hybrid	Lloyd Howlett 0419 006 010
Sun 20 April	Narbethong Mountain Bike Loop	Easy20k's Hybrid/mountain bike	Paul Karp 9587 2940 paul.karp@immi.gov.au
Fri 26 April	Critical Mass Meet between 5:30 pm and 5:45 pm for 6:00 pm start at State Library	Any	Jason Foote – This is not a YHA ride 0419 530 528
Sat 26, April	BIKE RIDE, BREAKFAST @ Belgium Beer Café, Swim & Lunch Road, Hybrid or Mountain bike	Easy 26ks	Andrew Boylett andrew_boylett_party@yahoo.com.au 0416 43 99 23
Sun 27, April	Footscray to Brimbank Park	Medium Mountain/Hybrid 45ks to 50ks	Ann Bull 0407 242 602 Ann.Bull@mh.org.au
May			
Sun 4, May	Werribbe Mansion Picnic Helen Lempriere Sculpture /Social Picnic	Easy, 10k's Any bike	Jason Foote 0419 530 528
Sun 11, May	Capital City Trail	Easy Any bike	Ian ian_wood@aai.com.au
Sun 18, May	Mornington Peninsula	Med/Hard Any bike 60Ks	Jon Miller 9523 1694
Sun 25, May	NO RIDE		
Fri, 30 May	Critical Mass Meet between 5:30 pm and 5:45 pm for 6:00 pm start at State Library	ANY	Jason Foote – This is not a YHA ride 0419 530 528

Sat 31, May	BIKE RIDE, BREAKFAST @ Belgium Beer Café, Swim & Lunch Road, Hybrid or Mountain bike	Easy 26ks	Andrew Boyletts andrew_boyletts_party@yahoo.com.a u 0416 43 99 23
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